

SENIOR ADULT ADVISORY COUNCIL
100 Dexter Avenue North
Seattle, Washington 98109
CHANGE SERVICE REQUESTED

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SEATTLE, WA.
PERMIT NO. 900

Spring 2004

Senior Adult Programs



April 5 – June 18

As the Senior Adult Programs are in their 30th year of operation, we invite you to enjoy recreational activities offered citywide. If you would like to help other like-minded citizens and the professional staff of the Senior Adult Programs, you are invited to join the advisory council. The council meets the 4th Monday of each month. For information on the advisory council, please call Trevor Gregg at 206-684-4951. We would like to thank the following members for their support: *Jo Bell, Bernice Green, Connie Horner, Cecelia Kelly, Mary Martin, Wayne Metsker, Wally Meyers, Norman Monk, Gordon Raymond, Laurel Wick*

REFUND POLICY



It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council that any person who registers for a class, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund. Any person who registers for a class, trip, special event, or facility rental, and who requests a refund within 14 days of its start (or before the second session of a class) may receive a refund minus a service charge. Any person who registers for a class, trip, special event, or facility rental and who withdraws from the activity fewer than 14 days before its start (or before the second session of class) will receive no refund.

INCLEMENT WEATHER POLICY

If the Seattle Public Schools are closed, ALL senior programs are cancelled.

For further information due to inclement weather, call the Senior Adult Programs office at 684-4951 prior to venturing out.



EXERCISE REIMBURSEMENT NOTICE

Some health insurance companies will reduce premiums with proof of enrollment in an exercise class – just be sure to ask for a receipt!!!



FINANCIAL ASSISTANCE

Scholarships are available on a limited basis. Applications may be obtained by calling 684-4951. *Applications must be turned in prior to the first day of the quarter.*

FEES AND CHARGES

The programs and activities listed in this brochure are provided by the Senior Adult Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to partially offset the cost of these programs. The program fees listed here include a 10% fee which is paid to the Department of Parks and Recreation. The Department uses these funds to defray the overall operation expenses. Class/program fees listed in this brochure include sales tax where applicable in accordance with current provisions of the State tax code enacted by the State Legislature.

PLEASE NOTE: Class / Trip times/destinations are subject to change.

As a matter of policy, law and commitment, the Seattle Parks & Recreation Department does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. (Seattle Municipal Code 18.12.280.)

Persons With Disabilities: Reasonable accommodations will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call 684-4951 or (TDD only, 684-4950). **If possible, please allow ten working days advance notice for sign language interpretation or auxiliary aids.** If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

PROFESSIONAL STAFF

Ken Bounds - Superintendent
Herbye White – Director, Recreation Support Division
David Jensen - Recreation Manager
Trevor Gregg – Recreation Programs Coordinator
Linda Guzzo - Administrative Specialist I

RECREATION STAFF

Clothilde Bakari - Recreation Specialist
Cheryl Brown - Recreation Specialist
Mary Dalzell – Recreation Specialist
Jayla McGill - Recreation Specialist
Tim Pretare - Recreation Specialist
Stacie Sheridan - Recreation Specialist
Angela P. Smith - Recreation Specialist

Citywide Special Events & Programs

TABLE TENNIS

APRIL SHOWERS TOURNAMENT

Bitter Lake CC April 18 10am – 2pm \$10.00

Co-sponsored with the Greater Seattle Senior Games, Senior Adult Programs is hosting the 1st Annual April Showers Table Tennis Tournament! Come play, learn and compete in a Recreational and Competitive play event! Register by calling Marilyn Ward, 206-522-8805 or e-mail classylady@attbi.com.

“LEARN TO GOLF FOR SENIORS ”

Interbay Golf Course \$79.00 / 3 Sessions

Come learn to Golf! No clubs? No worries!! Clubs for these classes will be provided! You will be introduced to putting, chipping and full swing. Registration can be done over the phone or in person. Payment is due at registration. Limited to 10 students to allow for more individualized attention. To register: Call Ron Hanson at 285-2200.

Class #1 Tuesdays - April 20, 27, May 4 and 11
11:00 am - 12:00 noon

Class #2 Mondays - May 3, 10, 17 and 24
11:00 am – 12:00 noon



SEATTLE PARKS AND RECREATION

CELEBRATES EARTH DAY!

Earth Day, Thursday, April 22

Seattle Parks and Recreation is celebrating Earth Day in many ways in every corner of our great city. To learn more about:

- * Numerous Volunteer efforts near your home
- * Environmental Education walks and classes
- * Seattle Parks and Recreation Stewardship work everyday...

Contact Adam Cole, 733-9701

Or check out the website:

<http://www.seattle.gov/parks/Environment/earth.htm>

FIFTY-FIVE PLUS JOB CLUB WORKSHOPS

April 28, May 26 FREE!

Sponsored by the Mayor's Office for Sr. Citizens Age 55+ Employment Resource Center assists those 55 and over who are looking for work. Job counselors are available to answer questions and schedule individual appointments. These workshops will help prepare you for your job search whether you have previous work experience or are a new entrant into the job market. Please call the Mayor's Office for location, time, and registration information at 684-0500.

2nd ANNUAL CELEBRATION OF AGING

“Aging Well, Living Well”

Seattle Center House

Tuesday, May 4 9:00am – 2:00pm Free

Come celebrate Older Americans Month and learn about the various programs and services aimed at senior adults promoting programs that enhance health, nutrition, life-long learning, physical activity, financial planning, community participation and so much more! Come play, learn and celebrate at this event full of valuable information and workshops! **No Transportation Provided.** Sponsored by Senior Services.

PICKLEBALL TOURNAMENT

Lead Up Play for the Greater Seattle Sr. Games!

Thursday, May 6 9:00-2:00 pm \$6.00

Rainier Community Center (4600 - 38th Ave. South)

An all-city event open to senior adults of EVERY skill level. Feel like a winner and champion participating in matching skill level contests throughout the day. **NEW THIS YEAR!** Divisions will include both Recreational and Competitive Play in:

Singles, Doubles, Women, Men, Co-Ed!!

Everyone is welcome!! Come and HAVE FUN!

Refreshments will be served, fun prizes awarded!

No transportation provided.

To join in the fun, call 684-4951 for a registration form, which is due to the Senior Adult Programs Office, along with the \$6.00 fee, **BY April 23. Make checks payable to: Senior Adult Programs, and mail to:**

Senior Adult Programs, Pickleball Tournament,

Attention: Trevor

8061 Densmore Ave. North, Seattle, WA 98103

SENIOR DAY AT THE AQUARIUM

May 16 (Sunday) 10:00-2:00 pm Free

Enjoy lunch and walk through our world class aquarium at the 5th Annual Senior Day at the Aquarium. Admission and box lunch are free. Transportation is not provided.

The Aquarium is located at: 1483 Alaskan Way.

Parking is limited. Metro information: Take Bus #16 to the ferry dock at Pier 52 and walk four blocks north to the Aquarium or catch the waterfront trolley.

Please Note: Registration is required. Call 684-4951 to register starting at 8:00 am on April 12th and ending at 4:00 pm on May 3 on a first call – first serve basis. Space is limited – so we'll take reservations until we're full - even if it's before the cut-off date.



Citywide Special Events & Programs

"SINGING IN THE RAIN" MOVIE & LUNCH

Spring Celebration

May 27 10:00am–12:00 noon \$3.50

Celebrate Spring at the newly remodeled Langston Hughes Cultural Arts Center Theater! See a star studded cast including Gene Kelly, Donald O'Connor, and Debbie Reynolds on the big screen in this Hollywood Classic! Enjoy light spring refreshments at the movie! Limited transportation provided.

Cosponsored with the Mayor's Office for Seniors.

Registration begins May 6 at 8 am by calling

684-4951. Payment DUE by May 20th.

Please make checks payable to SAAC and mail to:

Sr. Adult Programs, ATTN: Trevor,

8061 Densmore Ave. North, Seattle, WA 98103

Pick Up Times:

Meadowbrook	9:30am
Lower Woodland	9:45am
Bitter Lake	9:30am
Hiawatha	9:30am
Jefferson	9:45am
Garfield	9:30am
Miller	9:45 am
Queen Anne	9:45 am



HEALTHY EATING - HEALTHY AGING "COME TASTE"

A series of Cooking Demonstrations Promoting Good Health and Good Aging Through Good Nutrition

FREE WORKSHOPS!

Learn to create of variety of quick, easy to prepare foods that are not only great tasting but good for you too! Workshops last approximately 30 minutes. All are welcome and encouraged to attend!

**Please pre-register beginning at 8:00 am on
Wednesday, March 24 by calling 684-4951**

Southwest Community Center

April 27 (Tuesday) at 11am &

June 18 (Friday) at 10:30am (After Aerobics)

Jefferson Community Center

May 12 (Wed) at 9:45am (After Aerobics)

Garfield Community Center

April 20, May 18, June 15 (Tues) **ALL at 11am**

(Note: Call 233-7255 to register for Garfield Only)

BOCCE, BOCCE, BOCCE

May 23 Site: TBA 10am – 4pm \$10.00

Now that's Italian! A day of fun for the entire family! The Senior Adult Programs and the Greater Seattle Senior Games is hosting a Recreational Bocce Ball Day of Fun. An opportunity to learn this easy to play game of skill and strategy... a new sport for the Greater Seattle Senior Games! "Experts" will be available to assist you in Bocce Ball skills development! Join us for lunch! Be sure to pre-register so we know how many to expect!

Registration begins May 10th at 8:00 am by calling 684-4951.

Please make checks payable to: Senior Adult

Programs, ATT: Trevor, 8061 Densmore Ave. N.,

Seattle, WA 98103.

"Seniors Training Seniors

In Computer Basics "

Learn e-mail and the Internet. Sponsored by the Seattle Human Services Department and the Mayor's Office for Senior Citizens. **Call to pre-register at the Center closest to you:**

Alaska Bldg. Downtown	206-684-0639
Delridge Community Ctr	206-933-8629
Greenwood Senior Ctr (NEW)	206-684-0639
Phinney Ridge Community Ctr	206-783-2244
Sand Point Magnuson Park	206-684-0639
SE Seattle Sr. Ctr (NEW)	206-684-0639
Wallingford Senior Ctr	206-461-7825
West Seattle Senior Ctr	206-932-4044
Yesler Community Ctr	206-684-0639

LAWN BOWL

Keep active and bowl outdoors on wonderful, manicured greens for mental and physical well-being. Good fellowship accompanies games. Come and have fun! Be sure to wear flat-soled shoes. Bowls provided at the Club House. Sign-up, call in, or drop by. For an introduction to this fun game contact one of the Seattle Lawn Bowling Clubs listed below:

Jefferson Park Lawn Bowl

Club House: 206-762-2490

4103 Beacon Avenue South

(west of Jefferson Golf Club House)

Woodland Park Lawn Bowl

Club House: 782-1515

6018 Whitman North

(Near 58th & Aurora Avenue)



Citywide Special Events & Programs

SOUND STEPS 'A WALKING PROGRAM'

Walks will begin June 1 through September 30

Healthy Aging Partnership and the Seattle Parks and Recreation Senior Adult Programs are bringing back Sound Steps, a four-month pilot program aimed at encouraging older adults to take up walking for better fitness! If you're age 50 or older, Sound Steps is for you! This FREE program offers a fun, safe way to get moving and begin or continue a walking program!
BRING A FRIEND!!

KICK-OFF REGISTRATION !!!

May 17 – May 21, 1pm – 4pm at the following
Community Center Sound Step Program Sites:

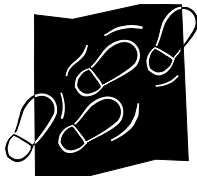
Alki.....	5817 SW Stevens
Garfield	2323 E. Cherry Street
Jefferson.....	3801 Beacon Ave. S.
Loyal Heights.....	2101 NW 77th
Magnolia.....	2550 - 34th Ave. W
Meadowbrook.....	10515 - 35th Ave. NE
Miller.....	330 - 19th Ave. E
Queen Anne.....	1901 - 1st Ave. W.
Rainier	4600 - 38th Ave. S.
Sand Point.....	7400 Sand Point Way
Southwest.....	2801 SW Thistle
Van Asselt.....	2820 S. Myrtle

Walk Times Will Be Available at Registration!

Volunteer Walk Leaders Needed! If you would like to help out and lead at least one walk per week at one of the above sites, please give us a call!!!

Goodie Bags for each walker! Each walker who registers for Sound Steps will receive a goodie bag full of great stuff!! **Supplies are limited so come early to register!!** Registration will be ongoing after May 21st.

Please call Trevor Gregg for additional information regarding registration and volunteer opportunities at 684-4664. Thanks!



GREATER SEATTLE SENIOR GAMES Grab Life and Go – Get in the Games!

Mark Your Calendars!

June 25, 26, 27

Ingraham High School

The Greater Seattle Senior Games gives older adults, age 50+, the opportunity to participate in a social, competitive, recreational, and athletic event. The goal is to promote an interest in lifetime sports, recreation, and physical activity which helps to maintain and improve health and wellness.

The Greater Seattle Senior Games will be expanding in 2004 to include several sporting and recreational events throughout the year such as Golf, Bocce, Swimming, Rock Climbing, and more! We will be hosting the first ever Leisure Games in September / October 2004 which will include Brain Games, Bridge, Chess, Fitness, Ballroom Dancing, and more.

For additional information or to be added to our mailing list, please call: Trevor Gregg, (206) 684-4664
Registration information mailed the first week in April!

CO-ED SOFTBALL

Spring is here and time to dust off those mitts!! Gather with friends in this recreational program.



If you are interested in participating in co-ed softball, please contact Anne Derome, Program Director with the Wallingford Community Senior Center, at 461-7825.

NORTHWEST CHAMBER ORCHESTRA
Sunday, May 2 2:00 pm \$12.00

Join us this spring for another season at the Illsley Ball Nordstrom Hall at Benaroya Hall (located at 3rd & Union). Enjoy the versatility and virtuosity of this acclaimed orchestra.

No Transportation Provided.

Featuring:

Ralf Gothóni, conductor and pianist
Elna Vähälä, violinist



Registration begins April 21st at 8:00 am by calling 684-4951.

Please make checks payable to: Senior Adult Programs, ATT: Trevor, 8061 Densmore Ave. N., Seattle, WA 98103. **Checks should be received BY April 28th**

South East

SE - REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

Angela P. Smith - Recreation Specialist, CTRS
(206) 684-7484
e-mail: Angela P. Smith@seattle.gov

Spring Quarter Dates: April 5 – June 18

No Classes: May 31

Make ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

SE Class Registration: Class registrations begin March 22 at 9 am by phone, or mail, using the form in the back of the brochure. Class dates/times are subject to change.

Trips are phone-in registration only.

All Class Payments: checks payable to: "Senior Adult Advisory Council", and mail to *Sr. Programs, Attention: Angela, Jefferson CC, 3801 Beacon Ave. South, Seattle-98108:*

South Division Sites:

Jefferson CC.....3801 Beacon Ave. S.
Rainier CC.....4600 – 38th Ave S.
Rainier Beach Complex 8825 Rainier Ave. S.
Van Asselt CC..... 2820 S. Myrtle St.

Aerobics and Fitness

SENIOR AEROBICS \$20.00

Time to re-energize, put a spring in your step, and feel better. Our classes are taught by certified instructors.

J. Inouye Mon 8:30 - 9:30 am Jefferson
J. Shearer Wed 8:45 - 9:45 am Jefferson

TAI CHI \$33.00

Use stretching exercises to work toward incorporating good posture/body awareness.

M. Aoki Wed 10:30-12:00 pm Jefferson

Arthritis Exercise (PACE) \$24.00

PACE = People With Arthritis Can Exercise, class includes range of motion, strengthening and much more.

A. Smith Thurs 10:00-11:00 am Jefferson

FITNESS FOR LIFE \$20.00

1-hour session includes dyna bands, stretching, use of weights, and more. Bring small weights.

Z. Hachiya Thurs 8:15-9:15 am Jefferson

Dancing

LINE DANCING

Get on that dance floor and move to the music! Great for the body & soul! No experience or partner needed.



\$20.00

J. McGill Fri 8:30-9:30 am Jefferson

Sports & Games

OPEN BRIDGE

It's in the cards that you'll have a great time. Drop in programs for the bridge enthusiast.



Free

Wednesdays 10:00-12 noon Jefferson
Wednesdays 12:00-3:00 pm Rainier

PICKLEBALL

A terrific game. Fun and exercise in one great package!

M / W / F 11:00-2:00 pm Van Asselt
T / Th 10:00-12 noon Rainier
T (Advance) 10:00-1:00pm Rainier

BRAIN GAMES

Trivia, music tunes, and more! Challenge yourself and exercise your mind in this fun and informal program!



Free

* Who said, "With malice toward none, charity for all."

* Who was Fred Astaire's famous dancing partner?

One hour of stimulating fun and snacks.

Meet the 2nd Monday of each month at 10:00 am at the Jefferson Community Center: 4/12, 5/10, 6/14.

Cooking

GARAFUNIA DISH

Peter, from Belize, Central America, will prepare a wonderful dish: fresh fish stewed in herbs and coconut milk. See Banana plantain prepared in a hana! Come watch, learn, and taste!



\$6.00

April 21 10:30-12:30 pm Jefferson

TUSCAN TREASURES

Join Trevor Gregg, Senior Adult Programs Coordinator in a delightful day of Italian dishes!



\$6.00

May 24 10:30-12:30 pm Jefferson

Special Events

**REGISTRATION REQUIRED FOR EACH
SPECIAL EVENT: Call 684-7484**

STEP INTO SPRING:

HAT FASHION SHOW & LUNCHEON \$4.00

Mrs. Tates' Fashions presents a fabulous spring hat fashion show for women and men. Enjoy an early lunch and door prizes as we anticipate a wonderful show. Pre-registration appreciated. Please inquire about transportation.

April 2 (Fri) 11:30 am Rainier Beach

RUMMAGE SALE \$10 Table

Get a jump start on Spring cleaning! Sell those items that haven't been used and make a little money too!

April 3 (Sat) 10:00-3:00pm Rainier

MOTHERS DAY PARTY Free

Mary, from Southwest C.C., and I will pamper you with special treats on the special day. Jefferson will be the host site. You must pre-register by April 30th.

May 7 (Fri) 11:30 am Jefferson

SENIOR GATHERING Free

Food, fun, and door prizes. Meet others and get health information. Dates/location are subject to change due to special events with community partners. Limited transportation provided by reservation.

April 28.....10:30-12:30 pm

May 26.....10:30-12:30 pm

June 30.....10:30-12:30 pm

SPRING POTLUCK Free

Welcome the new season while visiting with your new and long-time friends. Bring a favorite dish to share.

April 16 (Fri) 11:00 am Jefferson

BINGO & ICE CREAM PARTY \$1.00

One of America's all time favorite games. Enjoy good company, prizes, and various topping for your ice cream.

June 18 (Fri) 1:00-2:00 pm Jefferson



Workshops/Speakers

**REGISTRATION REQUIRED FOR EACH
WORKSHOP: Call 684-7484**

DIABETES & NUTRITION Free

Naomi, Puget Sound Neighborhood Health Centers, gives tips on healthy choices when shopping, cooking, and eating at home/restaurants, and how to use nutrition labels and more.

April 22 10:30 am Jefferson

June 10 10:30 am Rainier Beach

PROTECT YOUR MONEY & YOURSELF Free

Folks from Sr. Rights and Assistance will teach you ways to prevent becoming a victim. Learn about identity theft, consumer protection issues, and more.

May 13 10:30 am Jefferson

June 2 11:00 am Rainier

GUEST SPEAKER: GREEK CULTURE Free

Dr. Ileana Leavens, Art History professor at Seattle Central C. C. shares her knowledge and experience. Slide show, questions, and answers.

May 6 1:30 pm Jefferson

Crafts

SPRING WREATHS \$25.00

Spring is coming. Come join the fun and delight in creating your very own spring floral wreaths. Add a decorative touch to your door or walls. All material

provided. Instructor: Kathy Craig

April 12 (Mon) 1:00-3:00 pm Jefferson

KNITTING \$18.00

All levels welcome. There will be help with marking, patterns, fitting, and more. Instructor: Kiyo Ono

Mondays 10:00-12:00 pm Jefferson

DROP-IN CRAFTS Free

Time provided for you to join your friends in a social atmosphere working on projects of your choice.

Thursdays 12:00-3:00 pm Jefferson

LAP-QUILTING Free

Quilting that can be taken anywhere to work on. Students help each other.

Fridays 10:00-1:00 pm Jefferson

BASKET MAKING

Fridays 1:00-3:00 pm Jefferson

All participants need to bring heavy scissors, old towel (for wet weaving), clothes pins, pencil and a bucket for soaking. Wear old clothes. Optional: spray bottle. Please pre-register. Instructor: Carol Williams

Twill-Base Tote April 9, 16, 23

A useful basket to hold various supplies.

Class Fee: \$10 Material Fee to Instructor: \$10

Diagonal Weave Wicker Basket April 30, 5/7, 5/14

A circular, narrow-topped basket with a narrow top.

Learn twining with pairs and a diagonal weaver.

Class Fee: \$10 Material Fee to Instructor: \$10

Wicker-Style Willow Picnic Basket 5/28, 6/4, 11, 25

Make a natural willow/round reed small picnic basket with a purchased handle.

Class Fee: \$12 Material fee to Instructor: \$15

Volunteer Opportunities

Seattle Parks and Recreation Department, Senior Adult Programs is looking for help with: Driving, Cooks, Crafts, Special Events, Seasonal Functions, and Language Translators. If you are interested or have questions, please call Angela at 684-7484.

Summer Planning Meeting

Share your ideas and suggestions for a great Summer quarter. We need your input on all activities, trips, walks, workshops, crafts, and guest speakers.

April 9 9:45 am Jefferson

TRIP REGISTRATION INFORMATION

S.E. SECTOR

***PAYMENT must be received 5 working days PRIOR to departure.**

*MAKE CHECKS PAYABLE TO:

Senior Adult Advisory Council

***MAIL CHECKS TO:** Senior Programs, Att: Angela,
3801 Beacon Ave. S., Seattle - 98108

Trip Registration: **Call in registration only:** at 684-7484 on the **date and time** listed under each trip. You can only sign up for yourself and one other person. All trip times, costs, and destinations subject to change.

PICK-UP SITES:

Jefferson CC (JCC).....3801 Beacon Ave. S.
.....(at the time listed)
Rainier CC4600 – 38th Ave S.
.....(10 minutes before time listed)
Rainier Beach CC.....8825 Rainier Ave. South
.....(20 minutes before listed time)
Van Asselt CC.....2820 South Myrtle
.....15 minutes prior to listed time

Registrations Begin As Listed

TULIPS IN LACONNOR \$6.50

Festive spring flowers are back in all their glorious colors. \$2 fee for garden tour. Lunch on your own in the town of LaConner. **Registration begins March 29, 8 am.**

April 13 9:00-3:30 pm

PORT OF SEATTLE \$4.00

Transportation of cargo and passengers by air, water and land. See what there is to see and learn about our beautiful port. **Registration begins April 5, 8 am.**

April 20 10:30-2:00 pm

SEATTLE REP

\$15.00

"It Ain't Nothing But the Blues". From the Mississippi delta to Chicago's southside, this hand clapping, cat-calling is a crash course in the history of this authentic American musical tradition. 40+ blues numbers get you moving. **Registration begins April 12, 8 am.**

April 28 (Wed) 12:45-4:00 pm

MUKILTEO LIGHTHOUSE



\$5.50

This wooden Victorian-style tower, along with two houses and a foghorn stand just feet from the Puget Sound. Also visit Everett's Evergreen Arboretum. Lunch own your own, donation recommended at the lighthouse. **Registration begins April 19, 8 am.**

May 4 10:00-3:00 pm

LEAVENWORTH

\$10.00

Parade Day at Maifest! Experience the Maipole dancing, costumes, and games. Stroll through the Bavarian Village great shops and restaurants. Lunch on your own. **Registration begins April 26, 8 am.**

May 15 (Sat) 9:00-6:00 pm

EMERALD QUEEN CASINO

\$6.50

The NW's only true riverboat casino. The first deck of the boat offers a completely Smoke-Free environment. Have fun and good luck! Lunch own your own.

Registration begins on May 3, 8 am.

May 18 10:45- 3:30 pm

EMERALD DOWNS



\$4.50

Be part of the thundering thoroughbreds as you cheer on your horse. Dinner and \$3 senior admission at the gate on your own. **Registration begins May 17, 8 am.**

June 3 (Thurs) 9:00-3:00 pm

BELLEVUE BOTANICAL GARDENS

\$5.50

Enjoy 36 acres of display gardens, woodlands, and more including "highlight" gardens. Lunch on own at Bellevue Mall. **Registration begins May 24, 8 am.**

June 8 10:00-2:30 pm

T-TOWN HOT SPOTS

\$6.50

Trip includes stops in Tacoma at the Seasonal Farmers' Market, the Morning Sun, and the Amaroca Factory. Lunch on your own. **Registration begins June 2, 8 am.**

June 17 9:30-3:30 pm

**SEE CITYWIDE PAGE
FOR MORE**

South West

SW - REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

Mary Dalzell, Recreation Specialist

(206) 684-4115 / 684-7438

e-mail: mary.dalzell@seattle.gov

Spring Quarter Dates: April 5 – June 18

No Classes: May 31

Make-Ups: We encourage you to make up canceled classes at any other site in the city. Please inform the instructor you're making up the class.

MAIL 'ALL' CHECKS TO: Sr. Programs, *Attn: Mary, Southwest CC, 2801 SW Thistle, Seattle-98126*

SW Class Registration: Class registrations begin **March 22nd** at 9am by calling 684-4115.

All Class Payments: checks payable to: "Senior Adult Advisory Council", and mail to: SW Community Center, Sr. Programs, Att: Mary 2801 SW Thistle - 98126.

South West Sector Sites:

Alki CC 5817 South Stevens
Delridge CC 4555 Delridge Way SW
Hiawatha CC 2700 California Ave. SW
High Point 6920 – 34th Ave. SW
South Park CC 8319 – 8th Ave. S.
Southwest CC 2801 SW Thistle St.

Learning to meditate and use your own gift of healing with energy can calm the nervous system, ease anxiety and depression, improve circulation, and promote restful sleep and relaxation. Work on different symptoms that occur in everyday life like headaches, stress, backaches, poor circulation, sore joints, high blood pressure.
Instructor: Mary Light (*Class begins April 13th*)
Tuesdays 10:15-11:00 am Southwest

PILATES (*Starts April 15th*) **\$35-10 weeks**

An exercise method designed to improve kinesthetic awareness (mind/body), increase mental focus, and reduce stress. Benefits include correction of muscle imbalance and strengthening of core muscles. Bring a mat, as almost all work is done on the floor. Class is modified for seniors. Instructor: Zita Hachiya
Thursdays 6:30-7:30 pm Southwest

HATHA YOGA **\$24-6 weeks**

Release tension and stiffness as you tone, strengthen, and relax. Gentle stretching and movement with awareness, correct alignment, and deep breathing. Enhance your flexibility and range of motion. Class held Fridays from 10:30-11:30 am.
Session #1 3/19, 26 4/2, 9, 16, 23 Southwest
Session #2 4/30 5/7, 14, 21, 28 6/4 southwest

BASKETBALL **Free**

Dig out those tennis shoes and get back on the court to practice moves from your high school/college days.
Sundays 12:00-1:00 pm Hiawatha

Dancing

LINE DANCE **\$22.00/11 weeks**

The music moves you, and no partner is needed! What a pleasurable way to get the benefits of exercise.
Tuesdays 10:00-11:00 am Hiawatha

TAP DANCE **\$60.00 / 8 weeks**

All levels of tappers are welcome. If you don't have tap shoes, wear hard soled shoes. Instructor: Susan Wright
Call 684-7423 to pre-register.
Tuesdays 6:45-7:45 pm Delridge

Bridge

BRIDGE **Free**


A drop-in program for this popular card game for experienced players.
Wed (experienced) 10:30am – 3:00 pm Southwest

Senior Fitness

FITNESS FOR LIFE **\$18-1 day wk/\$36-2 days**

A head to toe workout using dyna bands, sticks, weights - bring small weights to class.
Mon / Wed 10:00-11:00 am Alki
Tues 10:00-11:00am Southwest
Fri 9:30-10:30 Southwest

VOLLEYBALL

Join other seniors in this fun team sport.  **Free**
Enough stretching and movement to get a good workout.
Tues 11:00 - 1:00 pm Hiawatha
Thursday 10:00 - 12 noon Hiawatha

PICKLEBALL

Free

Indoor game that is a cross between tennis and ping-pong. A good cardio workout to play at your own level.
Mon / Wed / Fri 10am - 2 pm Hiawatha
Tues / Thurs 12:00-2:30 pm Southwest

MEDITATION & HEALING ENERGY **\$24/6weeks** **8**



Crafts

SEWING / QUILTING / FABRICS

Free

An enthusiastic group of sewers is looking for more people to join them. Non seniors, men, beginners, give it a try! Let your creative side out.

Mondays 10:00am-12 noon Southwest

Book Clubs

SOUTHWEST BOOK CLUB

The Seattle Public Library provides books to our groups free of charge. We read the book and in one month meet as a group for discussion. Please call Mary, 684-4115, if you need further information. Meets at 1:00 pm the 3rd Thursday each month at the SW Library.

ALKI BOOK CLUB

Free

Meets 1st Wednesday of each month at Tully's on Alki starting at 11:15 am. Call Mary for books, directions, etc., 684-4115.

Brain Games

FREE! Join us for an afternoon of Scrabble, Cribbage, and Pinochle. No brilliance needed for these drop-in activities, just willingness to play. Begins April 14th.

Wednesdays 11:15 am Alki

Computers

COMPUTER CLASS

Westwood Heights computer lab is open to the public. To register, call 932-6942, ext. 16. The following classes are offered:

Jump Start to Internet - Beginners

Mon/Wed 10:00-11:30 am

Continuing E-Mail and Cruise The Web:

Tues/Thurs 2:00-3:00pm

Digital Camera/Photo Class:

Pending, call for schedule

E-Bay 101

Turn your attic or garage sale finds into cash from the comfort of your own computer. Sellers learn to create an E-Bay Auction page, buyers learn how to search for auctions, bid and win. Limited to 8 people.

March 25 2:00-3:00 pm

To register, call 932-6942, ext 16



Free

Special Events

TALENT SHOW

Free

Share your talent at our 3rd Annual Show with the West Seattle Senior Center as "host site". Please pre-register for 11:45am lunch by calling 932-4044. Come watch, participate or both.

April 21 12:30 pm West Seattle Sr Ctr

FLASH BACK

Free

Bring your favorite black and white photo and share your memories of that special moment with others.

June 9 11:15-12:15 pm Alki

SPU INFORMATION

Free

Learn more about utility issues -water supply, recycling, utility rates, drainage planning, urban creeks, and more. Questions answered by representative of the Seattle Public Utilities. Problem solving information provided.

Please pre-register for SWCC BY April 19th and for ALKI BY May 17th.

April 29 10:00 am Southwest
May 26 11:15 am Alki

HOW TO DOWNSIZE FROM A LIFELONG HOME & LIVE TO TELL ABOUT IT!

Free

Lived in your home for 20 years? Considering a move to a smaller, more manageable place, but shudder at the thought of sorting through your closets, drawers, basement and garage? Join our seminar for all the support and information you'll need to prepare yourselves for the downsizing process. This class is for those thinking about moving during the next year or facing an imminent change. **Pre-register BY April 26th.**

May 6 10:00 am Southwest

MOTHERS DAY PARTY

Free

Angela, from Jefferson CC, and I will pamper you with special treats on this special day. Jefferson will be the host site. **You must pre-register by April 30th.**

May 7 11:30 am Jefferson

GUEST CHEF

\$6.00

Judi Carr, former pampered chef and mother of two gourmet chefs, will tantalize us with easy appetizers.

Please pre-register by May 3rd.

May 13 10:00 - 12 noon Southwest

HEARING LOSS

Free

Judi Carr, of the Washington Self Help for Hard of Hearing People, will help with questions and whom you should ask. **Please pre-register by May 10th.**

May 19 11:15 am Alki

South West Trips

SW TRIP REGISTRATION INFORMATION

***PAYMENT must be received 5 working days PRIOR to departure.**

***MAKE CHECKS PAYABLE TO:**

Senior Adult Advisory Council

***MAIL CHECKS TO:** Senior Programs, Att: Mary,
2801 SW Thistle, Seattle - 98126

NOTE: Trip times/costs/destinations are subject to change.

Trip Registration: Register by calling 684-4115 on the date and time listed under each trip.

PICK-UP SITES:

Southwest CC (SWCC).....2801 SW Thistle

Hiawatha (HCC) South parking lot
..... of Safeway on California Ave. SW
Please don't park in the Safeway Parking Lot

Registrations Begin As Listed

PLACES OF WORSHIP \$5.50

It all goes well, we intend to visit a Buddhist Monastery, an Islamic Mosque, and a Catholic Church.

Registration begins March 23, 9 am.

April 13 9:30-4:00 pm

DEGOEDE TULIPS

40 acres of tulip fields in the Mossys Rock Valley. Wander through their display garden, greenhouse, and garden center. On our way to gardens, lunch stop, on your own, at Mary McCranks. **Registration begins April 6, 9:00 am.**
April 22 9:00-5:00 pm



\$8.00

SEATTLE REP \$15.00

"It Ain't Nothing But the Blues". From the Mississippi Delta to the southside of Chicago, this handclapping, cat-calling crash course in the history of this authentic American musical tradition. More than 40 blues numbers that will get you moving. No lunch stop.. **Registration begins April 8, 9:00 am.**

April 28 12:45 -4:30 pm

"KISS ME KATE" \$19.00

The Tacoma Musical Playhouse presents this Cole Porter classic, includes 18 unforgettable songs. No lunch stop.

Registration begins April 15, 9 am.

May 2 (Sunday) 12:00-5:00 pm

LEAVENWORTH MAIFEST \$10.00

Parade, music, costumes, art, food, and a scenic drive await you in this bavarian-style hamlet. Lunch on your own. **Registration begins April 27, 9 am.**

May 15 (Saturday) 9:00 -5:00 pm

BLOEDEL RESERVE \$13.50

This Bainbridge Island reserve includes second growth forest, various gardens, ponds, meadows, and more.

\$4.00 tour fee and lunch your own (but not until 1:00pm

– make sure you eat a hearty breakfast and bring a snack). **Registration begins May 11, 9 am.**

May 27 8:45-4:30pm

MUSEUMS \$4.50

Wander through these fascinating museums: the Museum of Flight, the Museum of History & Industry, with a final stop at the History House which houses a wonderful exhibit of pictorial artifacts of West Seattle. All museum admission fees are free, except the History House which is a "donation" based Museum.

Registration begins May 18, 9:00 am.

June 3 9:45-4:00 pm

EDMONDS ART FESTIVAL \$5.50

Experience the arts and this beautiful waterfront community. Over 240 artwork booths, live entertainment, food, and more! **Registration begins May 25, 9 am.**

June 6 9:30-2:00 pm

PT. TOWNSEND \$13.50

Visit this beautiful city by the water, colorful older homes, historical Ft Wordon with lots of shops. Lunch on your own. **Registration begins June 1, 9 am.**

June 17 9:30-6:00 pm

**SEE CITYWIDE PAGE
FOR MORE**

Central East

Please pre-register for all of these programs by calling 233-7255 to ensure their success!

REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS 206-233-7255

Recreation Specialist-Clothilde Bakari
Recreation Specialist- Cheryl Brown

Spring Quarter Dates: April 5 – June 19

No Program: May 31

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins March 22. Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

**Mail class payments to: Sr. Adult Programs,
ATT: Clothilde / Cheryl, 8061 Densmore Ave N
Seattle, WA 98103.** Make checks payable to
'SAAC''

Central East Division Sites

Garfield CC 2323 East Cherry
Miller CC 330 -19th Ave. E.
Montlake CC 1618 E. Calhoun
Yesler CC 835 Yesler Way

Aerobics / Fitness

FITNESS FOR LIFE \$18.00- 1 day week

Put a swing in your step with our low-impct aerobics class taught by a certified instructor, Carol Lorenz

Mondays 10:30 – 11:30 am Garfield
Wednesdays 10:30 – 11:30 am Garfield

WELLNESS THROUGH CHAIR-ROBICS Free

For anyone who is not active now but would like to be. By exercising in chairs, the class builds strength and enhances your level of health. Volunteer Instructor: Tara Bernstein (Class is offered thru the Country Dr. Community Clinic.)
Call Nancy, 299-1619, to register.

Tuesdays 1:30 – 2:30 pm Miller

STRETCH & BREATHE \$18.00

Stretch out those muscles and relax and breathe to a better level of fitness. Instructor, Penny Holden, has 22 years of experience teaching yoga.

Apr 15–May 20 (Thurs) 11-12 noon Garfield

GENTLE YOGA FOR SENIORS* Free

Learn different postures (asanas) and do mat/breath work. Open to individual and specific requests. All equipment provided. Volunteer Certified Yoga Instructors: Beverly and Paul. *See Miller C. C. brochure for more classes.

Tuesdays 12:15-1:15pm Miller
Wednesdays 1:15 – 2:15 pm Miller

TAI CHI Free

Learn slow, gentle meditative exercises that are good for hypertension, stress, weight loss, and other health problems. Instructor: Maik Tow

Thursdays 10:00 – 11:15 am Miller

MEDGAR EVERS SENIOR SWIM CLASSES

For senior swimming times and prices, please call the pool for information and to pre-register:

Medgar Evers Pool..... 684-4766 500 – 23rd Ave.

Walking Club & Walks

STEPPIN' THROUGH SEATTLE Free

Explore our local parks in this fun walking/fitness program. Be prepared for wet or muddy trails with appropriate footwear. All walking levels welcome! Transportation provided! Registration is limited so sign up early by calling 233-7255!

Time: 10 am – 1 pm

Van Pick Up: Yesler 9:30 am Garfield 9:45 am

Dates: Tues, April 13 & 27, May 11 & 25, June 8

Cards & Board Games

BRIDGE Free

It's in the cards! Time to bridge the gap and have fun! Just drop in to play!

Fridays 1:00-4:00 pm Miller

CARDS & BOARD GAMES Free

You won't get "board" - join in the fun! Call 233-7255 so we can get our group started.

Wednesdays 12–1:30 Montlake

Armchair Travel

TEA AND TRAVEL \$2.00

Tour the country, see the world and taste a special treat! Join us for a travel slide show by world traveler DonMcCort. Please sign up in advance.

Wed May 19 12pm -2 pm The California CoastMontlake

Wed June 9 1 – 3 pm Yellowstone and Beyond Miller

Arts & Crafts

BOTANICAL DRAWING AT THE FRYE \$40

The Frye Art Museum has graciously agreed to teach a botanical watercolor class at a great rate, with some supplies included! Taught by Rebecca Allan. Register in advance, 233-7255! Held at the Frye, 704 Terry Ave Apr 14-28 (Wed) 1:30 – 3:30 pm Frye Art Museum

FOR THE BIRDS \$15.00

Three-session workshop that'll have you singing in your garden. Build a bird feeder and bird bath and learn tips to attract our native species to your yard! Apr 12-26 (Mon) 10 am – 11:30 Garfield

GARDEN JOURNAL \$6.00

Make your own garden journal from start to finish. Handmade papers and hand-lettered pages as well as lots of pockets for collecting and saving. Apr 15 (Thurs) 10 am – 12 Garfield

WATERCOLOR \$60.00/quarter

Don't miss this GREAT creative class! Some supplies required. Instructor: Jan Morris Wednesdays 2:00 – 4:00 pm Montlake

DROP IN CRAFTS FREE

Bring a project you're already working on or learn to make a new one. We would love to have an ongoing class so please call 233-7255 to pre-register. Wednesdays 1:00 – 3:00 pm Miller

Writing & Book Club

A NOVEL IDEA Free

Join our on-going book club at any time. The Seattle Public Library provides books to our group for free. Meets 3rd Thurs. of each month at 11:00 am. Douglass Truth Library 2300 E. Yesler Way

Special Programs

CITY PEOPLES GARDEN WORKSHOP \$12.00

The folks at City Peoples Garden Store on Madison have agreed to teach a gardening workshop just for us! Learn tips for small space gardens, no fail plants plus plant your own take-home pot. Meet at: 2939 E. Madison June 9 (Wed) 11-12 noon

ASIAN INFLUENCE \$6.00

An insiders view of several of our favorite 'Asian Influence' locations. First, tour the Seattle's Asian Art Museum, the next week Kubota Gardens, and the last week tour and taste at Uwajimaya. Meet at Garfield CC at 12:15 on to ride in Parks Dept. van. June 3-17 (Thurs) 1 – 3 pm Garfield

SENIOR LUNCH BUNCH

FREE

Join friends and neighbors on the last Thursday of every month for a great lunch. Something special including a birthday party and a different program each month. Co-sponsored by Neighborhood House. Thursdays, April 29, May 27, June 24 Yesler

Cooking

Healthy Eating, Healthy Aging

Taught by: Public Health of Seattle and King County, Healthy Eating for Healthy Aging and STEPS

COME TASTE!

FREE!

Create a variety of quick, easy to prepare foods that are not only great tasting, but good for you too! These workshops last approximately 30 minutes. The workshop includes basic nutrition information including an opportunity to taste the food prepared in class. All are welcome and encouraged to attend!

Tuesdays Garfield 11:00 am Yesler

April 20 Fantastic Grains!

Learn how to cook mystery grains like quinoa or millet and include fruits and vegetables with the meal.

May 18 Great Greens!

Learn how to cook a simple side dish of healthy vitamin and mineral packet greens!

June 15 Beans, Beans!

Learn how to cook a protein and fiber rich one pot meal that is easy to digest!

Extra Special Events

Please register in advance as seating is limited!

LUNCH WITH THE RAGING GRANNIES \$5.00

Enjoy lunch and entertainment by the renowned 'Raging Grannies' who promote global peace, justice and social/economic equality through the mediums of song and humor. A recent review stated "...they will make you laugh and send you out to change the world with a big smile on your face!"

Apr 29 (Thurs) 11:30-2:00 pm Garfield

CINCO DE MAYO LIVE! \$5.00

A Mexican fiesta of lunch and live music by the Emerald City Jazz Ensemble! Enjoy the latin beat and come to dine and dance, or just listen to the great music.

May 5 (Wed) 11:30 – 2:00 pm Garfield

SPRING GARDEN PLANT EXCHANGE FREE

Bring your plants to exchange! Trade with your neighbors to add to your garden and enjoy! Please call to pre-register at 233-7255.

May 12 (Wed) 1:00-3:00 pm Miller

Central West - Central East Trips

CW - CE Trip Registration:

Trip registrations begin at 8:00 am on the date listed by calling 206-684-4240. You may sign up yourself and one other person. Trip dates, times, and destinations are subject to change. When you call, leave your name, phone number, name of trip, and pick up site. **You will ONLY be called back if you are on the wait list. Do Not Use "Mail-In" Registration Form, Phone In Only.**

Trip Payments:

Make checks payable to: 'SAAC', mail to: **Sr. Adult Programs, ATT: Tim, 1901 – 1st Ave. W., Seattle, WA 98119.** **All payments must be received 5 working days prior to departure.**

Pick-up Sites:

Miller CC..... 330 19 Ave. E.
(Pick-up 1 hour before time listed)
Garfield CC..... 2323 E. Cherry
(Pick-up 45 minutes before time listed.)
Magnolia CC -2550-34th Ave. W.
(Pick-up 20 minutes before time listed.)
Queen Anne CC..... 1901-1st Ave. W.
(Pick-up at the time listed.)

REGISTER - 8:00 AM ON DATE LISTED

BY CALLING 206-684-4240

Leave Your Name, Phone # and Pick-Up Site

SUMNER SURPRISE \$6.50

Celebrate Spring! Celebrate tulips! Start this trip in historic downtown Sumner where you can wander and have lunch on your own. We'll visit Windmill Gardens, and end the day with a trip to Cold Stone Creamery!
April 16 10:00-4:00 pm **REG: April 5**

DESTINATION WHIDBEY \$10.50

We will explore Langley and it's art galleries and shops, have lunch (on your own), visit historic Greenbank Farms, and finally a guided tour of the Meerkerk Rhododendron Garden (\$5 admission on your own).
April 23 10:00-5:00 pm **REG: April 12**

TASTE OF BRITAIN \$6.50

Tim, modeling his Utilikilt will take you on a tour of the Utilikilt factory. See all of the stylish and functional models made right here in Seattle. Then we are off to a traditional British Lunch (on your own) and a little shopping.
April 30 9:30-4:00 pm **REG: April 19**

THREE CRABS & OLYMPIC GAME FARM \$13.50

A ferry ride to Sequim for lunch (on your own) at the Three Crabs Restaurant with a panoramic view. Then off to the Olympic Game Farm (\$7.00 admission).
May 7 9:00am-6:00pm **REG: April 26**

BLOEDEL RESERVE / BAINBRIDGE \$12.00

Tour the beautiful Bloedel Reserve after lunch in Bainbridge. Lunch and Reserve fee (\$4.00) on own.
May 14 9:00-6:00pm **REG: May 3**

CENTRALIA / CHEHALIS ADVENTURE \$8.00

Lots to see in these two towns dating back to the 1850's. Lunch at the historic McMenamins Olympic Club (on your own), then driving/walking tours in both cities. Some historic landmarks include the McKinley Stump and the oldest church in Washington still in use today.
May 21 10:00 – 5:00 pm **REG: May 10**

HISTORIC ANACORTES & WAR MEMORIAL PARK \$8.00

Visit museums, the W.T. Preston Snagboat (paddlewheel steam boat), and Carnegie Gallery. Bring a brown bag lunch to eat in Causland Park (weather permitting). Bring \$2-\$4 for museum donations - note that there is no wheel chair access to the museums only stairs.
May 28 9:00-6:00pm **REG: May 17**

VAN GOGH TO MONDRIAN \$5.00

Modern art from the Kroller-Muller museum at SAM. Purchase your ticket first at 10:00a.m., then meet our staff person in the 1st Ave. lobby. After viewing the exhibit, lunch on your own at the Museum Cafe. Do not mail check. No transportation provided for this trip.
June 4 10:00-2:00pm **REG: May 21**

EDMONDS WATERFRONT FESTIVAL \$6.50

This festival offers food, games, music and waterfront activities. Spend the day exploring the downtown Edmonds. Lunch on your own.
June 4 10:00-5:00pm **REG: May 24**

TENNANT LAKE \$8.00

Located in Ferndale, WA, this gem of Whatcom Parks is a nature lovers dream. The park features an interpretive center, elevated boardwalk, a fragrance garden, and more. Bring a sack lunch to enjoy in the park.
June 11 9:00am-6:00pm **REG: June 1**

**SEE CITYWIDE PAGE
FOR MORE**

Central West

REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

Recreation Specialist -Tim Pretare

206-684-4240

e-mail – tim.pretare@seattle.gov

Winter Quarter Dates: April 5 – June 18

No Programs: May 31

Make-Ups: We encourage you to make up canceled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins March 22. Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

Mail class payments to: Sr. Adult Programs, ATT: Tim, 1901 - 1 Ave. W, Seattle, WA 98119.

Make checks payable to 'SAAC'

Central West Division Sites

Queen Anne CC..... 1901 –1st Ave. W.

Queen Anne Pool.....1920 – 1st Ave. W.

Magnolia CC2550 - 34th Ave. W.

Langston Hughes CAC..... 104 - 17 Ave. S.

Discovery Park 3801 W. Government Way

ALL CLASSES 1 HOUR UNLESS NOTED

Aerobics & Fitness

SENIOR AEROBICS \$18-1 day week

Time to re-energize and feel better. Certified instructors teach our low impact aerobic classes.

M. Huber Mon. 9:30am Queen Anne

M. Huber Wed. 9:30am Queen Anne

J. Shearer Fri. 9:00am Queen Anne

P.A.C.E. \$22.00

P.A.C.E = People with Arthritis Can Exercise Pace is a program designed specifically for people with arthritis.

T. Pretare Wed. 10:00am Queen Anne

CIRCUIT TRAINING \$27-1 day week

14 training stations to improve skill, strength, and knowledge using weight machines. (Class limited to 14 people, first come first serve.)

A. Allen Tue. 9-10:15am Queen Anne

A. Allen Thurs. 9-10:15am Queen Anne

YOGA & MEDITATION \$22.00

Gentle stretching to keep limber and build muscles. All skill and fitness levels, wear Comfortable clothes.

H. Smith Thur. 11:00 am Queen Anne

LINE DANCE \$27.00

Get out on that dance floor and move to the music! No experience or partner necessary.

J. McGill Tues. 7:00 – 8:30 pm Magnolia

DROP-IN PICKLEBALL \$2.00 building fee @ Q.A.

Continue to exercise and improve your skills by teaming up with other players – fun and challenging.

Mon/Wed 11:30-1:00pm Queen Anne

Mon/Thurs 11:30-2:00pm Magnolia

Walking Club & Walks

DISCOVER WALKING \$5.00

Walk the 2.8 mile Discovery Park Loop Trail. *Meet at the Visitor Center or call for ride; 206-684-4240.*

Tuesdays 10:00 am – 12 noon Discovery Park

Twice a quarter we take a FIELD TRIP on the following dates to the parks listed:

Apr 27, Tues 10:00 am Myrtle Edwards

May 25, Tues 10:00 am Washington Park

Free Blood Pressure Checks

No Appointment necessary, located in the Senior Adult Social Room.

Wednesdays 1:00 pm Queen Anne

Cards & Games

INTERMEDIATE BRIDGE \$30.00 INSTRUCTION

You are starting to understand those fundamentals, now let's take it a step further. Instructor: George Weaver

Fridays 10:30-12:30 pm Queen Anne

BINGO \$2.00 building fee

Bingo Bug! Have you caught it? Come and play with us every week. Try your luck and you may win a prize.

Thursdays 10:00 am Queen Anne

OPEN BRIDGE Free

Weekly games for experienced players. Call Dean and Nancy McPhaden, 282-8331, to sign up for a 4-some. **No bridge the last Mon. of the month 4/26, 5/24, 5/31, 6/28.**

Mondays 2:00-4:00 pm Queen Anne

OPEN BRIDGE Free

Weekly games for experienced players. All participants must register with the Parks Department representative.


Wednesdays 9:00 am – 2:00 pm Magnolia

Thursdays 8:00 am – 2:00 pm Magnolia

Monday Meals

MONDAY MEALS **\$3.00 per person**
 Mon. April 19 to June 14 12-1:00 pm Queen Anne
 No lunch on May 31
 Nutritious meals every Monday. First come first serve,
 make reservations (required) at the Community Center.
 Menu available in advance by request, subject to change.
 Please call Tim at 206-684-4240 for complete details.

Creative Arts

PERFORMING ARTS **Free**

 Join a theater group for adults,
 no experience necessary. If you're interested in any
 aspect of theatrical production, don't miss this program.
 Opportunities offered include acting, directing, script
 writing, musicals, and more.
 Tuesdays 2:00 – 3:00pm Queen Anne

THE ART OF STORYTELLING **\$50.00**
 Take the daunting task of writing your memoir's down
 to its simplest element; one story about your life.
 Explore your personal history, uncover deep passions,
 and transform you life into art. Program is offered by
 the Langston Hughes Performing Arts Center, please
 register by phone. **DO NOT MAIL IN A CHECK TO
 TIM, PLEASE CALL 206-684-4240 TO REGISTER.**
 Apr 13 to May 18 (Tues) 1-3 pm Langston Hughes

CRAFTY LADIES **Free**
 Drop in to work on your own project or learn a new
 craft, socialize and make new friends. Sewing machines,
 supplies are available.
 Thursdays 2:00-3:30 pm Queen Anne

WATERCOLOR PAINTING **\$60.00 /quarter**
 Bring your paints, brushes and joy of painting. A
 demonstration after each lesson with lots of guidance.
 All skill levels welcome. No Class at Magnolia on 4/5.
 S. Kahler Mon. 9:15 – 11:30 am Magnolia
 J. Dodds Wed. 10:00 – 12 noon Queen Anne

Books

DESSERT & DISCUSSIONS **Free**
 Gather to discuss books and enjoy some treats. Held the
 last Monday of the month. Book titles available by
 request.
 4/26, 5/24, 6/28 1:30–2:30 pm Queen Anne

BOOKMOBILE BOOKS **Free**
 The Seattle Public Library brings new books each
 month. Check one out today.

BOOK EXCHANGE + SEATTLE TIMES **Free**
 We offer comfortable couches and reading area for the
 daily Seattle Times and our book exchange. Stop by and
 browse through the book shelves, borrow a book or
 bring a book to trade in.

Specials

Please call Tim at 206-684-4240 to reserve your space
 for the following Special Events.

SPAGHETTI & OLD TIME FIDDLERS **\$5.00**
 Enjoy all the spaghetti, garlic bread, salad and beverages
 you can eat plus the music of the Old Time Fiddlers
 Association. This is a fundraiser for the Monday Meals
 Program, no reservation required.
 Apr 12 (Mon) 11:00 am – 1:00 pm Queen Anne

**How to Sort & Move A Lifetime Of Belongings And
 Live to Tell About It** ***FREE**
 Considering a move in the next year or maybe you just
 want to thin out your belongings. You'll the support and
 information you will need to survive downsizing.
 Apr 26 (Mon) 10:30am – 12:00PM Queen Anne

OWLS IN SEATTLE ***FREE**
 A hands-on workshop on the natural history of owls in
 Seattle. Discovery Park naturalist Anne Peterson will
 share slides, feathers, mounts and more.
 May 3 (Mon) 11:00am Queen Anne

TRAVELOGUE **\$2.00 each**
 Don McCort's continuing travel tales, please join us for:
 China #2 (May.), Italy (June)
 May 10 (Mon) 11:00 am Queen Anne
 June 14 (Mon) 11:00 am Queen Anne

LAUGHTER EXPERIENCE **Free**
 Learn and enjoy the immense health benefits of laughter
 through a series of laughter / deep-breathing exercises.
 Tuesdays 1:00 pm Queen Anne

MID-WEEK MOVIE **Free**
 Drop by to see a new release, classic, romance, comedy
 or your choice, every week.
 Wednesdays 1:15 pm Queen Anne

***FREE special events starting before 1:00 pm
 require a \$2 building entry fee, payable at the
 Queen Anne CC front desk.**

North East Sector

N.E. REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist

(206) 386-9106

e-mail: jayla.mcgill@seattle.gov

Spring Quarter Dates: April 5-June 18 (11 wks)

No Class: May 31.

Make-Ups: We encourage you to make up cancelled or holiday-missed classes at any other site in the city.

Please inform the instructor you're making up the class.

Class Registration begins March 22nd - All class registrations will take place by mail using the form in this brochure. State the site/class/date you are paying for with your check. **Do NOT register for trips by mail – they're "Phone-In" only. Also, please phone-in cooking class and workshop registrations.** Class and trip dates/times are subject to change.

All Class Payments: Checks payable to: "SAAC", and mail to: Senior Adult Programs, Att: Jayla, 8061 Densmore Ave. North - 98103. **NOTE:** "Session Fee" covers the cost of 1 day per week for the quarter.

N.E. Sector Sites:

Green Lake CC 7201 E Green Lk. Dr. N
Laurelhurst CC..... 4554 NE 41st Street
Meadowbrook CC..... 10517 – 35th Ave. NE
Ravenna-Eckstein CC..... 6535 Ravenna "Ave". NE

YOGA & MEDITATION

\$22–1 day week

Gentle stretching to keep limber and build muscles. All skill/fitness levels.

H. Smith	Tues	8:00 am	Laurelhurst
H. Smith	Wed	9:00 am	Meadowbrook
H. Smith	Fri	9:30 am	Meadowbrook

GENTLE YOGA - NEW CLASS

\$18 / 8 wks

Learn breathing techniques, gain strength, flexibility in this class for all fitness levels. Instructor Penny Holden.

Tues	10:15-11:15 am	Ravenna-Eckstein
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TAI CHI (Wu Style)

\$22-1 day week

Fall prevention strategies, improved circulation, slow, gentle, short movements.

J. Proebstel	Wed / Fri	10:00 am	Green Lake
J. Proebstel	Thur (Walk Aids)	11:00 am	Green Lake

PICKLEBALL

Free

A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later.

Please pre-register by calling 206-386-9106.

Mondays/ Beginning	11:30-1 pm	Ravenna-Eckstein
Thursdays	10-11:55 am	Meadowbrook
Thursdays/ Beginning	12:05-2 pm	Meadowbrook

LINE DANCING

\$18/quarter

Get out on that dance floor and move to the music!

Great for body & soul! No experience partner needed.

J. McGill	Wed	8:45 am	Ravenna-Eckstein
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MEADOWBROOK BOOK CLUB

Meet the third Thursday of the month to discuss a book provided by the Seattle Public Library. Call Jayla to pre-register: 206-386-9106.

Apr 15, May 20, Jun 17 11:00-12 noon Meadowbrook

WORKSHOPS

Please pre-register by calling 206-386-9106 at least one week ahead. Refreshments provided.

LIVE WELL WITH FIBROMYALGIA

Free

Who gets it? How is it diagnosed? Valerie Wojak Kiesel, M.C., instructor and facilitator, has personal experience with Fibromyalgia.

May 12 (Wed)	11:00-12 noon	Green Lake
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IMPROVE BLOOD PRESSURE & CHOLESTEROL LEVELS

Free

Paula Hanes, Clinical Nutritionist, provides information on improving blood pressure levels and lowering their cholesterol through diet and exercise.

May 26 (Wed)	11:00-12 noon	Green Lake
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AEROBICS / FITNESS

SENIOR AEROBICS

\$18-1 day week

Put a swing in your step and a smile on your face! Join a certified instructor for some dancing and exercise!

J. Shearer	Mon	10:15 am	Ravenna-Eckstein
J. Shearer	Thurs	9:00 am	Laurelhurst

BODY CONDITIONING

\$22-1 day week

Dynabands / free weights for over-all strength conditioning.

P. Cannon	Mon	10:00 am	Meadowbrook
C. Lorenz	Thurs	10:00 am	Meadowbrook
TBA	Thurs	10:45 am	Green Lake

PACE

\$22/quarter

PACE= People With Arthritis Can Exercise. Designed especially for people with arthritis.

TBA	Mon	11:00 am	Green Lake
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SPECIAL EVENTS

EARTH DAY PARTY AT CARKEEK **FREE**

In recognition of Earth Day, participate in a fun work party, a delicious lunch, and a contest to win super prizes. Pre-register before April 15th so we have enough food, 233-7138. Pickups: Lower Woodland 9:40/Gr Lake 9:45/Ravenna-Eck. 10:00/Meadowbrook 10:15 Apr 22 (Thurs) 10:30 am-2:00 pm Carkeek Park

JAYLA'S & STACIE'S **\$5.50** FABULOUS SPRING PARTY

Celebrate spring! Enjoy fabulous fried chicken & Jo Bell's famous baked beans. Take in Seattle's Tilth Gardens in bloom. **Register at 386-9106 & pay early so we have enough chicken.**
June 11 (Fri) 11:00am-1:00pm Meridian Park
(Good Shepherd Home: 4649 Sunnyside Ave N)

SPRING PLANNING MEETING

Your input is desired to provide the best possible programming. Bring your ideas for trips, walks, classes, workshops & special events. Refreshments served.
June 15 (Tues) 11:00-12 noon Meadowbrook

MEADOWBROOK COOKING

Join Rosangela to create new, exciting dishes, receive recipes and have lunch. **Each class fee is \$10.00.**
Please pre-register at 386-9106. Hurry--space is limited!
Wednesdays 10:30-12:30 pm Meadowbrook

Easter Brunch Bonanza **Apr 7**
Featuring a few dishes that are healthy and simple.

Healthy Eating All In One Pot **Apr 14**
Hearty and satisfying meals, so easy to prepare.

Phyllo Dough & Puff Pastry **Apr 28**
From savory to sweet—fun, easy and delicious.

Cinco de Mayo Party **May 5**
Let's celebrate Cinco de Mayo together!

Polenta & Crepes **May 12**
A wide variety of appealing hot appetizers.

The Meatless Main Course **May 19**
You won't miss the meat with these great main dishes!

Healthy & Delicious Cooking With Seafood **May 26**
Tap into the bounty from the sea for tasty dishes!

Spring Soups **June 2**
Create appetizing soups using fresh spring ingredients.

Eggplant **Jun 9**
Find out - to salt or not to salt? Peel or not to peel?
Work wonders with this purple delight!

ARTS & CRAFTS

OIL PAINTING **I-\$40 (4 wks) / II \$40 (4 wks)**

Designed to introduce beginners/ intermediate painters.
Previous drawing experience recommended-not required
Minimum class size needed.

S. Pope Mon 1:00-3:00 pm Meadowbrook
Session I Apr 5-26 **Session II** May 3-24

WATERCOLOR **\$60/quarter**

Calling all artists – past, present & future! If you've always wanted to learn watercolor painting, or have been looking for the opportunity to pick it up again, join our informal, fun group. Bring paint supplies if you have them, or come & learn what to buy.

E. Smith Thurs 12:00-2:00 pm Ravenna-Eckstein

GAMES

CHESS CLUB **Free**

Join enthusiasts for a game of strategy and skill.
Fridays 1:00-5:00 pm Green Lake

OPEN BRIDGE GROUP **Free**

Join us for drop-in party bridge. All levels welcome!
Questions? Call 684-8832.
Thurs 9:45-12 pm Sand Point, 7400 Sand Pt Wy NE

INTERMEDIATE BRIDGE **\$30/Srs.55+/8 weeks**

Instructor Bob Gerth teaches students to play contract bridge for FUN. Optional time may be available after class. Register by mail only to Laurelhurst CC.
Thursdays 12:30-2:00 pm Laurelhurst

WALKING CLUB & WALKS

WALKING CLUB **\$5.00**

Seattle Parks & Recreation and Swedish Medical Center bring you a walking program for all fitness levels; includes two educational programs. Meet once a week to walk around Green Lake, stretching as a group before we set out. All participants set a walking goal and we'll celebrate our success on the final day with a No-Host lunch at SCCC. Program dates: April 28 – June 2.
Wednesdays 11:00 am Green Lake

Lowell Riverfront Park **\$5.50**

Paved, level 1.6 mile (1 way) trail winding along the banks of the historic Snohomish River, just south of Everett. Features wetlands, meadow, Cascade views and bird-watching. Lunch on own at nearby eatery.
Apr 19 (**S-bound**) 10:00-2:00 pm **Reg: Apr 1**

North East Trips

TRIP REGISTRATION INFORMATION

**PAYMENT must be received 5 working days PRIOR to departure.*

***MAKE CHECKS PAYABLE TO: S A A C**

***MAIL CHECKS TO:** Senior Programs, Att: Jayla, 8061 Densmore Ave. N., Seattle - 98103

Trip Registration: Register by calling 386-9106 at 8:00 am on the date listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, trip name & pick-up site. You'll ONLY be called back if you're on the Wait List. **Don't use "mail-in" form. Phone In Only for Trips.**

PICK-UP SITES:

Meadowbrook CC 10517-35th NE
Ravenna-Eckstein CC 6535 Ravenna Ave NE
Green Lake CC 7201 E. Green Lake Dr. N
Lower Woodland 55th & Green Lake Way N
(South of Green Lake Golf Pitch & Putt Course)

South Bound Trips: Meadowbrook-leave 30 min, Ravenna-Eckstein-15 min, Green Lake-5 min, before time listed; Lower Woodland at trip time.

North Bound Trips: Lower Woodland-leave 30 min, Green Lake-25 min, Ravenna-Eckstein-15 min before time listed; Meadowbrook at trip time.

Registrations Begin At 8:00 a.m.

CULINARY ARTS FIELD TRIP \$5.00

Rosangela, our cooking class instructor, guides us through Whole Foods in Roosevelt and an Ethiopian Shop in Greenwood. Then lunch on your own at the fabulous India Bistro in Ballard. Limited to 9.

Van departs Meadowbrook at 10:00 am.

Apr 5 10:00-2:00 pm **Reg: Mar 18**

A MIDSUMMER NIGHT'S DREAM \$5.50

Kirkland Performance Center presents this musical version of Shakespeare's timeless work, set in a 1960's high school class reunion and directed by Arnie Zaslove. The comedy comes to life with all the ironies and irrationality of love in full bloom. \$18 admission due on trip day. Lunch (on your own) in Kirkland before show.

Apr 10, Sat (N-bound) 11:30-5:30 pm **Reg: Mar 19**

BEAUTIES OF BAINBRIDGE \$13.50

Tour **Islandwood**, a new school in the woods where the focus is on environment, then to **Bloedel Reserve** for more. Be prepared to walk. Ferry included; lunch and \$4 admission on your own.

Apr 29, Thurs (S-bound) 8:30-4:30 pm **Reg: Apr 16**
"THE BOYFRIEND" \$2.50

The talented students of Bishop Blanchet High School perform their spring musical at the Shorecrest HS Theater. The story takes place in Nice, France at a girls' finishing school where the Charleston is done and fun ensues when all the girls find dates for the Carnival Ball. \$9 admission fee due on day of trip.

May 2, Sun (N-bound) 1:30-5:00 pm **Reg: Apr 15**

A SPECIAL PORTLAND INVITATION \$35.00

Visit the Classical Chinese Gardens and then the Portland Art Museum, which is hosting one of the world's most distinguished art collections (Monet, Renoir, the incredible Faberge collection and more). Bus & snack included. Meals and \$17 admission on own.

Register by calling 206-233-7138.

May 5 (S-bound) 7:30am-8:30pm **Reg: April 6**

BOOT-SCOOTIN' at N. SHORE SR. CTR. \$3.50

Join Jewel's fun line dance class from 10-12:15 and then stay for lunch. \$6 class fee and \$3 lunch on own.

May 13, Thurs (N-bound) 9:30-1:30 pm **Reg: Apr 23**

EARTH SANCTUARY \$12.50

Commune with nature in a special, spiritual location. A beautiful 2 mile level trail through environmental ponds, artworks, a labyrinth and more. Wear good traction shoes. \$7 admission & lunch on own with time to spend in Langley.

May 17 (N-bound) 8:30-4:30 pm **Reg: Apr 30**

MUSEUM OF FLIGHT/CONCORDE \$4.00

A guided tour of one of our best local museums; then board the retired world's fastest jetliner and Air Force One. Bring 2-for-1 Entertainment Book Coupons if you have them. Then we'll visit the much-talked-about 2 Tarts Bakery. \$10 admission fee & treats on your own.

May 24 (S-Bound) 10:00-2:30 pm **Reg: May 6**

CLEARWATER CASINO \$13.50

Located between Poulsbo and Bainbridge Island, it's your best bet for fun at table games and your favorite video slots. Ferry fees included. Lunch on your own.

June 7 (N-bound) 8:30-5:00 pm **Reg: May 20**

THE CHASE GARDEN \$5.50

Special 4 acre garden in Orting, with spectacular views of Mt. Rainier and the Puyallup River Valley. \$4.00 admission and lunch on your own with time to shop in Enumclaw.

June 14 (N-bound) 8:30-5:00 pm **Reg: May 27**

SEE CITYWIDE PAGE FOR MORE !!!

Special 4 1/2 acre garden in Orting

North West Sector

REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

206-233-7138

Recreation Specialist - Stacie Sheridan

e-mail: stacie.sheridan@seattle.gov

Spring Quarter Dates: April 5- June 18

No Programs: May 31st

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins March 22nd. Please use the **Registration Form** in this brochure. Class dates/times are subject to change.

Mail class payments to: Sr. Adult Programs, ATT: Stacie, 8061 Densmore Ave. N, Seattle, WA 98103. Make checks payable to 'SAAC'

N.W. DIVISION SITES:

Ballard CC	6020 - 28th Ave NW
Bitter Lake CC	13035 Linden Ave N
Loyal Heights CC	2101 NW 77th St

FITNESS

SENIOR AEROBICS \$18.00-1 day week

Low impact aerobics, body strengthening and stretching taught by certified instructors. **Class begins April 12th.**

S. Sheridan	Mon	9:00 - 10am	Ballard
S. Sheridan	Thurs	9:00 - 10am	Bitter Lake

SR. BODY CONDITIONING \$22.00

Class is perfect for all fitness levels. Gain strength, greater flexibility, look and feel better. Use dynabands/free weights for strength conditioning.

TBA	Tues	10:45 - 11:45am	Bitter Lake
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ARTHRITIS EXERCISE (PACE) \$22.00

Class includes range of motion, muscle strengthening and endurance exercises, body mechanics, and stretching techniques. 1st class at Loyal Heights

S. Sheridan	Tues	9:00 - 10am	Ballard
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CIRCUIT TRAINING \$22.00

This class is perfect for all fitness levels. Gain strength, greater flexibility, look and feel better.

TBA	Tues	9-10 am	Loyal Heights
TBA	Thurs	9-10 am	Loyal Heights
TBA	Fri	11-12 noon	Loyal Heights

FITNESS WALKING & BODY STRENGTHENING \$18.00

Class includes walking, stretching, strengthening and fun. All to great music. **Class begins April 16th.**

S. Sheridan	Fri	9:00-10:00 am	Ballard
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TAI CHI FOR EVERYONE \$22.00

Learn slow, gentle exercises that are good for balance, muscles strengthening and range of motion. This class uses the Yang-style short form. **Class begins April 14.**

Karin Collins	Wed	10:30-11:30 am	Ballard
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YOGA & MEDITATION \$22-1 day week

Rejuvenate your spirits with yoga! Practice positions to build strength/flexibility while deepening relaxation to improve daily life and the ability to grow and change.

S. Denison	Mon	10:15-11:15 am	Loyal Heights
S. Denison	Thurs	10:15-11:15 am	Bitter Lake

DROP-IN PICKLEBALL Free

Team up with other players – fun and challenging! Wear non-scut shoes! The Ballard program begins **April 13.**

Tuesdays	10:30-12:30 pm	Bitter Lake
Tuesdays	11:00-2:00 pm	Ballard
Tuesdays	12:15-2:15 pm	Loyal Heights
Fridays	12:30-2:30 pm	Bitter Lake

LINE DANCING (Begins April. 13) \$18.00

Move to the music! NO experience or partner needed.

Great for the body and soul. Instructor: Jayla McGill

Tuesdays	9:00 - 10:00am	Ballard
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BALLROOM DANCING \$2.50

Step out with the Pep Tones during a weekly senior dance. Enjoy good friends, food, and weekly theme.

Thursdays	1:00-3:00 pm	Bitter Lake
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WHAT'S COOKING?

Join Rosangela to create new, exciting dishes, receive recipes and have lunch. Each class fee is \$10.00.

Please pre-register at 386-9106. Hurry--space is limited!

Tuesdays	10:30-12:30 pm	Bitter Lake
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COOKING FOR TWO Apr 13

No more fussing in the recipe books to cut down the amounts. Receive delicious recipes for smaller servings.

CHINESE VEGETABLES Apr 27

Find out how easy it is to prepare delicious Chinese dishes in your own kitchen, and so good for you!

CREOLE COOKING May 25

Don't worry, it won't be spicy – just delicious!

BBQ'S & MARINADES June 1

Yum! Warm weather is the time for BBQ and marinating poultry, meats, and veggies.

LUNCH CLUBS

Explore the hottest local foods with fun people. Register March 22nd, 8am, 233.7138. Limited capacity. There is automatic 17-20% gratuity on your table's tab. **Meet at Ballard CC. 11am.** Each trip is \$3.00 paid in advance. Tuesdays. \$=\$10.00

THAT'S AMORE \$\$ Italian **April 13**
QUEEN MARY TEA ROOM \$\$ (Wed) **May 12**
ETTA'S \$\$ Seafood, **June 1**

MADCAP MOVIES & LUNCH \$5.00 Each

Two award winning films, followed by a delicious lunch. Mondays 10:15 – 1:00pm Ballard
"Pirates of the Caribbean" (2003) **May 24**
 Be swept up in this fun, swashbuckling pirate movie.

"Hours" (2002) **June 7**
 Based on the Pulitzer Prize-winning novel follow the lives of 3 different women in 3 different time periods.

ARTS & CRAFTS

SENIORS MAKING ART- MOSAIC ART FREE

Help create a mosaic for Ballard Community Center. Project is led by a local Ballard artist with Adams Elementary school. This project is pioneered by Dale Chihuly and a part of Seniors Making Art. All skill levels are welcome! Thursdays, no class 4/22 & 29
 Apr 15-June 17 2-4pm Ballard CC

INTERMEDIATE DRAWING \$40.00

Pencils, charcoal and introduction of different materials and techniques. We'll focus on perspective, proportions, and composition. Instructor: Kathleen McHugh.
 Thursdays 10:30-12:30pm Bitter Lake

CARDS / GAMES / BOOKS / SPEAKERS

Please Note: All Bridge Classes must pre-register before the quarter

BEGINNER BRIDGE INSTRUCTION \$35.00

You've been wanting to learn – here is your opportunity. ACBL Accredited Instructor George Weaver. Min 12
 Wed 10:30-12:30 pm Bitter Lake

INTERMEDIATE BRIDGE INSTRUCTION \$35.00

Indepth lecture on strategy. Optional playing time after. ACBL Accredited Instructor George Weaver.
 Mondays 10:30-12:30 pm Bitter Lake

NEW!!! NEW!!! OPEN BRIDGE FREE

It's in the cards that you'll have a great time. Party Bridge managed by Marsha 362-5571. Bring a friend or call and reserve a seat.

Thursdays 10:30-12:30 pm Bitter Lake

OPEN DROP-IN GAMES (Starts April 13) Free

Learn new games and play your old favorites!.
 Tuesdays 10:00-12:00 pm Ballard
 Fridays 1:00 – 2:00pm Ballard

BALLARD BOOK CLUB

Meet the last Friday of the month at Ballard Library, 5711 - 24th Ave NW at 10:30a.m. All are welcome.

4/30 **My Invented Country** Isabel Allende
 5/28 **Kristin Lavransdatter Part II, III** Sigrid Undset
 6/25 **Sea Wolf** by Jack London

IMPROVE YOUR HEARING!

Free

Audiologists from Virginia Mason's Listen For Life Center present ways to get the most out of your hearing by communication strategies and awareness of hearing aid options, including latest technologies. Please call 233-7138 to reserve a seat. Coffee and treats
 Apr 19 (Mon) 10:30-11:30am Ballard

EARTH DAY PARTY AT CARKEEK FREE

Celebrate Earth Day! Join in a fun work party, delicious lunch and a contest to win world famous ZOO DOO & other super prizes. **Pre-register before April 11th** so we have enough food, 233-7138. **Pick ups:** Ballard 10am/Loyal Heights 10:10/Bitter Lake 10:20
 Apr 22 (Thurs) 10:30am-2:00pm

THE GREAT FIRE OF 1889

FREE

Join Scott Cline, archivist for the City of Seattle, on a trip into the past - some of the City's first developments to the great fire and the massive reconstruction that followed. Call 233-7138 to reserve a seat. Coffee/treats.
 June 14 10:30-11:30 am Ballard

JAYLA'S & STACIE'S



\$5.50

FABULOUS SPRING PARTY

Celebrate spring! Enjoy fabulous fried chicken & Jo Bell's famous baked beans. Take in Seattle's Tilth Gardens in bloom. Register at 386-9106 & pay early so we have enough chicken.
 June 11 (Fri) 11:00-1:00pm Meridian Park
 (Good Shepard Home: 4649 Sunnyside Ave N)

VOLUNTEER! ADAMS ELEMENTARY SCHOOL

Readers, Writers, and Artists. Come and tutor/mentor kids in Reading, Writing or Math. Become a reading Buddy or Pen Pal. Be a guest speaker in your expertise. For more information please contact Fawnia Chauvaux, Program Coordinator (206) 252.2308.

AN ICE CREAM SOCIAL

FREE

Come and enjoy delicious icecream with some fun Adam's school kids. **Pre-register 233-7138 by May 1st.**
 May 25 (Tue) 3:15-4:00 am Ballard CC

SPRING PLANNING MEETING

Your input is wanted to provide the best activities possible. Please bring ideas, newspaper clippings, suggestions for classes, workshops, trips, and more.

April 12 (Mon) Walking 10:15-11:15 am Ballard
 April 12 (Mon) Trips 11:15-12:15 am Ballard

HELPING HANDS

Simple, 1 hour, non-strenuous work/socialize time.
Bring sack lunch, we provide drinks and treat. **Register, 233-7138, March 23rd, 8:00 am.** Name which parks you'll be assisting with. Van pick-up: Ballard.

Apr 22 Earth Day 10:00-2:30pm Carkeek Park
May 18 Tues 10:15-2:00pm Atlantic St Nursery
June 15 Tues 10:15-2:00pm Atlantic St Nursery

HIKES & WALKS

Register: call March 23, 8am at 233-7138. Walk at your own pace for approximately 1 hour. Wear all terrain shoes. Please name the walks you'll attend.
Rain or shine! Bring sack lunch unless otherwise noted.
Time: 10:15am - 3 pm. **All walks \$5.50-pd in advance.**
Van Pick-Up: Ballard CC * All Tuesday outings.
Yarrow Point eat out April 6
Woodenville Burke Gilman Trail eat out..... April 20
Soos Creek. May 4
Longfellow Creek Natural Area..... May 25
Preston Snoqualmie Trail Site June 8

TRIP REGISTRATION INFORMATION

***MAKE CHECKS PAYABLE TO: SAAC**

***MAIL CHECKS TO:** Senior Programs, Att: Stacie,
8061 Densmore Ave. N., Seattle, WA. 98103

Trip Registration: Register by calling 233-7138 at 8:00 am on the *date* listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. You'll ONLY be called back if on the Wait List.

**Payment must be received 5 working days prior to trip.*

PICK-UP SITES:

Ballard CC 6020-28th NW

Bitter Lake CC 13035 Linden Ave. N

*(*Bitter Lake please park your car on the upper road)*

Loyal Heights 2101 NW 77th

South Bound Trips: Bitter Lake- leave 30 minutes,
Loyal H. 15 min before time listed, Ballard time listed.

North Bound Trips: Ballard leave 30 minutes early,
Loyal Heights 15 minutes early.

Vans will only wait for late people for 5 minutes.

Registrations Begin at 8am. Please don't call before or registration will not count.

All trips on Wednesday unless noted.

All trips are lunch on your own unless noted.

ON THE ROAD TO TULIPS

It is time to see those famous tulips
and the lovely town of LaConner.

Treats served. \$2.00 tour and lunch on your own.

Apr 7 (N bound) 9:30-4:30pm **Reg. March 24**



\$6.50

THE NW TREK & PIONEER FARM **\$10.00**

For wildlife enthusiasts, this 615-acre park has a little of everything: lakes, trails, meadows and plenty of animals. Then journey back to the 1880's to experience homesteading in Washington. Lunch/ \$12 tours on own.
Apr 14 (S-bound) 8:00-6:00pm **Reg March 29**

REP THEATRE *It Ain't Nothin But the Blues* **\$15.00**

This Tony nominated rich, potent musical gives you the great sweep of blues history. 2:00 pm show.
Apr 28 (S bound) 11:45-5:00pm **Reg. March 31**

A SPECIAL PORTLAND INVITATION **\$35.00**

Visit the Classical Chinese Gardens, then the Portland Art Museum to see a most distinguished art collections including Monet, Renoir, an amazing Faberge collection and more. Bus & snack included. Lunch and \$17 for admission on your own.

May 5 (S-bound) 7:30am-8:30pm **Reg: April 6**

WHERE DO THE BUFFALO ROAM ?! **\$6.50**

Experience North America's oldest inhabitants- the Woolly Prairie Buffalo, (and babies maybe!) A Buffalo burger lunch included. then a stop at the North Cascade Outlet Mall for good deals. Lunch & \$6 tour on own.

May 19 (N bound) 9:00-5:30pm **Reg: March 24**

FLOWER POWER **\$5.50**

Let's tour the incredible Weyerhaeuser Rhododendron Gardens, the Bonsai collection and the Highline Botanical Gardens that is in a beautiful English Garden style. Lunch and \$3.50 admission on your own.

May 26 (S-bound) 9:30 -3:30pm **Reg: April 27**

WHAT IS NEW IN SEATTLE? **\$5.50**

A new City Hall! Tour the much talked about building, then the Seattle Art Museum to see the amazing display of Van Gogh to Mondrian. Tours free, lunch on own.

June 4, Fri (S Bound) 10:00-3:30pm **Reg. May 11**

TACOMA EXPLORED **\$5.00**

The Tacoma History Museum is showing Beyond Lewis & Clark: Study the hundreds of images and objects in the exhibit; Lewis air rifle, original field notes and maps drafted by Clark and much more. Then great buys at Brown and Haleys outlet & Morning Sun. \$5.00 @ door.

June 9 (S Bound) 9:30-4:00pm **Reg: May 18**

EDMONDS ARTS FESTIVAL **\$5.50**

One of the top-rated arts festivals in the Northwest. Artwork, Entertainment, Great Food & Drink on own.

June 18- Fri (N bound) 10:30-3:30pm **Reg: June 1**

**SEE CITYWIDE PAGE
FOR MORE**

Central West - Central East Trips

CW - CE Trip Registration:

Trip registrations begin at 8:00 am on the date listed by calling 206-684-4240. You may sign up yourself and one other person. Trip dates, times, and destinations are subject to change. When you call, leave your name, phone number, name of trip, and pick up site. **You will ONLY be called back if you are on the wait list. Do Not Use "Mail-In" Registration Form, Phone In Only.**

Trip Payments:

Make checks payable to: 'SAAC', mail to: **Sr. Adult Programs, ATT: Tim, 1901 – 1st Ave. W., Seattle, WA 98119.** **All payments must be received 5 working days prior to departure.**

Pick-up Sites:

Miller CC..... 330 19 Ave. E.
(Pick-up 1 hour before time listed)
Garfield CC..... 2323 E. Cherry
(Pick-up 45 minutes before time listed.)
Magnolia CC -2550-34th Ave. W.
(Pick-up 20 minutes before time listed.)
Queen Anne CC..... 1901-1st Ave. W.
(Pick-up at the time listed.)

REGISTER - 8:00 AM ON DATE LISTED

BY CALLING 206-684-4240

Leave Your Name, Phone # and Pick-Up Site

SUMNER SURPRISE \$6.50

Celebrate Spring! Celebrate tulips! Start this trip in historic downtown Sumner where you can wander and have lunch on your own. We'll visit Windmill Gardens, and end the day with a trip to Cold Stone Creamery!
April 16 10:00-4:00 pm **REG: April 5**

DESTINATION WHIDBEY \$10.50

We will explore Langley and it's art galleries and shops, have lunch (on your own), visit historic Greenbank Farms, and finally a guided tour of the Meerkerk Rhododendron Garden (\$5 admission on your own).
April 23 10:00-5:00 pm **REG: April 12**

TASTE OF BRITAIN \$6.50

Tim, modeling his Utilikilt will take you on a tour of the Utilikilt factory. See all of the stylish and functional models made right here in Seattle. Then we are off to a traditional British Lunch (on your own) and a little shopping.
April 30 9:30-4:00 pm **REG: April 19**

THREE CRABS & OLYMPIC GAME FARM \$13.50

A ferry ride to Sequim for lunch (on your own) at the Three Crabs Restaurant with a panoramic view. Then off to the Olympic Game Farm (\$7.00 admission).
May 7 9:00am-6:00pm **REG: April 26**

BLOEDEL RESERVE / BAINBRIDGE \$12.00

Tour the beautiful Bloedel Reserve after lunch in Bainbridge. Lunch and Reserve fee (\$4.00) on own.
May 14 9:00-6:00pm **REG: May 3**

CENTRALIA / CHEHALIS ADVENTURE \$8.00

Lots to see in these two towns dating back to the 1850's. Lunch at the historic McMenamins Olympic Club (on your own), then driving/walking tours in both cities. Some historic landmarks include the McKinley Stump and the oldest church in Washington still in use today.
May 21 10:00 – 5:00 pm **REG: May 10**

HISTORIC ANACORTES & WAR MEMORIAL PARK \$8.00

Visit museums, the W.T. Preston Snagboat (paddlewheel steam boat), and Carnegie Gallery. Bring a brown bag lunch to eat in Causland Park (weather permitting). Bring \$2-\$4 for museum donations - note that there is no wheel chair access to the museums only stairs.
May 28 9:00-6:00pm **REG: May 17**

VAN GOGH TO MONDRIAN \$5.00

Modern art from the Kroller-Muller museum at SAM. Purchase your ticket first at 10:00a.m., then meet our staff person in the 1st Ave. lobby. After viewing the exhibit, lunch on your own at the Museum Cafe. Do not mail check. No transportation provided for this trip.
June 4 10:00-2:00pm **REG: May 21**

EDMONDS WATERFRONT FESTIVAL \$6.50

This festival offers food, games, music and waterfront activities. Spend the day exploring the downtown Edmonds. Lunch on your own.
June 4 10:00-5:00pm **REG: May 24**

TENNANT LAKE \$8.00

Located in Ferndale, WA, this gem of Whatcom Parks is a nature lovers dream. The park features an interpretive center, elevated boardwalk, a fragrance garden, and more. Bring a sack lunch to enjoy in the park.
June 11 9:00am-6:00pm **REG: June 1**

**SEE CITYWIDE PAGE
FOR MORE**

MAIL - IN REGISTRATION

You are welcome to use the following form to pre-register for any CLASS / WORKSHOP (**NOT Trips**) offered by the Senior Adult Programs Section throughout the City of Seattle.

ALL registrations must be accompanied by payment in the form of check or money order (**NO CASH PLEASE**). If you have any questions on filling out this form, please call the Recreation Specialist listed under the Division in which you are interested in this brochure.

NOTE: Do not use the Mail-In Registration form for trip registrations. You must phone in for trip registrations (see "trips" listed under the different sites in the program brochure).

PAYMENT: Make check or money order payable to: Senior Adult Advisory Council (SAAC)

MAIL TO: Mail according to the directions in the program under "Class Registration" listed in each Division.

FRAGRANCE FREE COURTESY

During Senior Adult Programs / Trips, please refrain from the use of any perfumed personal care products as a courtesy to those who experience chemical sensitivities.
Thank You.

Mail - In Registration

Class Title	Day	Time	Fee	Class Location

Name: _____ Telephone: (____) _____

Street Address: _____

City: _____

Zip: _____

Total Fee Enclosed: \$ _____



We're looking for Volunteer Drivers who enjoy people and travel. All costs for lunches, admissions, etc., are paid for. Call 684-4951